

5 A Day Recipes

Blue/Purple Recipes

Fresh Berries with Sweet Vinegar Sauce

Serves 4

- Sweet Vinegar Sauce:
 - 1/4 cup good-quality raspberry vinegar or balsamic vinegar
 - 1/4 cup sugar
 - 3 drops vanilla extract
 - 1/4 cup plain, non-fat yogurt
- 1 cup blueberries
- 1 cup blackberries

Combine vinegar and sugar in a small saucepan and bring to a boil. Boil for 4 minutes, stirring often. (Be prepared; the mixture will smell unpleasant as some of the vinegar's acid boils off, and it will reduce a little bit.) Turn off heat. Add vanilla, and slowly whisk in yogurt. Toss with berries and serve.

Nutritional Analysis per serving:

115 calories
27 grams carbohydrate
2 grams protein
0 grams fat
0 grams saturated fat
0 milligrams cholesterol
22 milligrams sodium
3 grams fiber
2% calories from fat
1 "5 A Day" serving